

BORDER BATTLE

STEP CHALLENGE

At half-way point, Kentucky leads Indiana!

Day 18 of the Border Battle and Kentucky is in the lead!! Keep it up! Kentucky Employees' Health Plan members are averaging 7,210 steps; while Indiana is at 6,501 average steps.

But we still have two weeks to go, so don't slow down now!

Leah Lawson wins the week two drawing!



Leah Lawson, a speech-language pathologist at Whitley Central Primary School, is the winner of the drawing for week two. Leah said: "I've recently started using a Garmin Vivofit to track my steps each day. It's so simple to just put it on and go. At work, every thirty minutes I walk to classrooms to collect students for my speech groups. I often try to take the long way through the building to get in extra steps. My colleagues help keep me motivated as we participate in various Vitality challenges together. I've also received support from a few great teachers and workout buddies who encourage me to exercise after school and get my steps in each day. My almost two-year old son is also a great source of motivation. He loves going on walks in the evenings!"

Congratulations to Leah for stepping it up! She receives 2,500 Vitality Bucks! To see how you can be one of the weekly prize winners, visit LivingWell.ky.gov.

[Share your story.](#)

Tips

- Make getting fit enjoyable.
- Choose activities that suit your lifestyle.
- Check out local exercise options.
- Make exercise a social event by inviting friends or family.
- Plan ahead for bad weather and move indoors.
- Keep some exercise equipment at home and get active around the house

#INKYBorderBattle

